


Bill phillips body for life upper body workout

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Daily fitness assessment



Chart your weight-training progress daily by writing in the specific exercises you'll select from your Personal Fitness Guide. Each time you train, fill in the day and amount of weight lifted each repetition. This will help you keep track of how you're progressing.

Date: / /

UPPER BODY EXERCISES

Make photocopies for additional sheets.

Exercise/Choose one from each group	Reps	Weight Lifted	Notes
Chest	1. Barbell Bench Press	x12	
	2. Barbell Incline Press	x10	
	3. Dumbbell Bench Press	x 8	
	4. Dumbbell Incline Press	x 6	
5. Dumbbell Flyes	x 8		
6. Cable Crossovers	x 6		
Fill in exercise chosen	x12		
Choose another exercise from the same group	x12		
Back	1. Pull-Ups	x12	
	2. Wide-Grip Lat Pulldown	x10	
	3. One-Arm Dumbbell Rows	x 8	
	4. Seated Cable Rows	x 6	
5. Back Extensions	x 8		
6. Straight-Arm Pulldowns	x 6		
Fill in exercise chosen	x12		
Choose another exercise from the same group	x12		
Shoulders	1. Seated Dumbbell Press	x12	
	2. Front Raises	x10	
	3. Lateral Raises	x 8	
	4. Reverse Flyes	x 6	
5. Upright Cable Rows	x 8		
6. Upright Barbell Rows	x 6		
Fill in exercise chosen	x12		
Choose another exercise from the same group	x12		
Biceps	1. Alternate Dumbbell Curls	x12	
	2. Barbell Curls	x10	
	3. Preacher Curls	x 8	
	4. Concentration Curls	x 6	
5. Cable Curls	x 8		
6. Hammer Curls	x 6		
Fill in exercise chosen	x12		
Choose another exercise from the same group	x12		
Triceps	1. Seated Triceps Presses	x12	
	2. Lying Triceps Presses	x10	
	3. Triceps Kickbacks	x 8	
	4. Triceps Pushdowns	x 6	
5. Cable Extensions	x 8		
6. Bench Dips	x 6		
Fill in exercise chosen	x12		
Choose another exercise from the same group	x12		

Note: Consult with your physician or healthcare provider before commencing any new exercise routine or supplementation program, particularly if you are pregnant or have any medical conditions. We assume no liability for any injuries or medical conditions. The information on this sheet should be used as a guide only. Following the program as closely as possible is a major step in your success.

See Other Side For Lower Body Exercises



Upperbody Exercise Body For Life Workout Full Body For Life Life Exercises Body For Life Exercises Body For Life is a summary of the best information with HD images from all the most popular websites in the world. You can access all the contents by clicking on the download button. If you want a higher resolution you can find it in Google Images. Note: Copyright of all images in the body for the content of the exercises on the upper body depends on the source site We hope you do not use it for commercial purposes. Body For Life Prying Something New Upper Body Training Body For Life Day 5 Training Upper Body Fitness Families Com 20 Best Body For Life Images Body For Life Workout Life Workout Mckone S Body For Life Day 2 3 Karen S Body For Life Log 2008 Body For Life Plan Body For Life Workout Bikini Amazon Com My Fit Life Gym Dumbbell And Core Workout Poster Upper Body Body For LIFE by Bill Phillips describes a 12-week diet and an exercise program that can transform your life. The recommended diet is not one of those fashionable diets that keep you hungry, but quite the opposite. It's about providing nutritious fuel to your muscles every 3 hours, so you don't get hungry. The details of the book exactly exactly nutrients your body needs, and which foods are the healthiest choices. The emphasis is not counting calories, but eating "portions." One portion of protein is the size of the palm of your hand. One "portion" of carbs is the size of your tight fist. Since you use your own hand to determine the size of the portion, it adapts to your body's needs. To plan a meal, pair a healthy protein (such as chicken or turkey breast) with a healthy carbohydrate (such as a sweet potato or pumpkin). Eat 6 times a day: 7am, 10am, 1pm, 4pm, 7pm and 10pm. Add a vegetable to 3 of those meals. Every day, drink 10 8 cups of water. A special rule makes it easier to follow this diet than any other a one day a week you can eat whatever you want! So feed your body healthy food Monday à Saturday, watch and feel those melted pounds without hunger, and you can still eat your favorite gift on Sunday. Sundays are also a good time to plan next week's meals and buy the food you will need. Cook on Sunday and store food in appropriate serving sizes, to save time during the next week. Use small capacity containers to save food, to help ensure the correct size of the portion. The exercise plan alternates strength training with aerobic exercise for 6 days, then rest for 1 day. Day 1 You force trains your upper body, day 2 aerobic exercise, day 3 force trains your lower body, day 4 aerobic exercise, day 5 upper body, day 6 aerobics, day 7 rest. Yes, rest completely. And that's the day you can also eat whatever you want. It's your "free day." The book provides instructions and photos for properly performing strength training exercises, with progressive repetitions and intensity. The workouts target specific muscle groups for a short duration. Every day 42 minutes in the lower body, 46 in the upper body, or 20 on the aerobics. That's it. The method is to gradually increase the intensity until you reach a 6 eHigh pointà 6 à 6 "Your greatest effort, à 6 Benefit. During the program you photograph and measure every 4 weeks. It is an excellent record of positive changes in their physical form. By week 6 the transformation accelerates. You stop wanting to lure on Sundays, because you feel much better in the days you eat healthy. Its energy level increases along with self-satisfaction, and preparation to address other challenges. The information on nutrition and building force was a sufficient motivation to test the program; I could not relate to photos before / after. I honestly couldn't believe them. But after completing the program and achieving even more than I expected, I can see that extreme changes could occur, if someone previously did not exercise in their entirety and ate mostly daily food scrap. I strongly recommend this book to anyone who enjoys a good Training and has tried without success to lose weight for the traditional "Gungry" diets. You haven't been hungry, and the pounds will just melt. For me the key was protein. He had already reduced portions, cut greasy and fried foods, given butter and sugar. I was eating a lot of fresh fruit, vegetables and whole grains. But I wasn't eating 6 times a day, I didn't drink water, and I barely ate any protein. Once I tried the body challenge for life, I was hooked. As they say, it is not the body, for 12 weeks, it is body-for-life.my Favorite quote: "I can't describe the inspiration of seeing the muscles grow and the fat goes. You look in the mirror and it's like meeting an old friend that I really liked a lot, but I haven't seen for a while."...mas, more

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